



# THE DORMITION FAST – AN OUTLINE

## August 1-14

DAYS	THE HOLY CANONS SPECIFY THE FOLLOWING:	
	<u>Abstinence of:</u>	<u>No Abstinence of:</u>
Monday	Meat & Meat products	Fruit
Tuesday	Dairy products	Shellfish
Wednesday	Fish	Vegetables &
Thursday	Wine	vegetable products
Friday	Oil	
Saturdays and Sundays		Wine and oil are permitted.
August 6 Feast of the Transfiguration		Fish, wine and oil are permitted

**Paraklesis Services - August 3-13**  
 Mondays, Wednesdays, Fridays at 7 p.m. (exc. Aug 5)  
 Tuesdays, Thursdays at 12 p.m. (exc. Aug 6)

**If the Feast of the Dormition falls on a Wednesday or Friday, the fasting guidelines for that day apply, *except* that fish, wine and oil are permitted.**

**TAKE NOTE!** The commemoration of the **Beheading of Saint John the Baptist**, August 29<sup>th</sup>, is a day of **STRICT FAST**.

**IT IS IMPORTANT TO REMEMBER THAT FASTING IS INCOMPLETE WITHOUT PRAYER AND ALMSGIVING.**

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 Fasting, to whatever extent, should be undertaken after consultation and with a blessing from your spiritual Father.  
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**FASTING PRIOR TO RECEIVING HOLY COMMUNION  
(Throughout the year)**

<b>Sunday Morning Divine Liturgy</b>	Complete fast from all food and drink from bedtime or midnight on Saturday evening. Saturday evening should be a quiet time of prayer and preparation for Communion.
<b>Evening Liturgies</b>	Complete fast from all food and drink after lunch. Any (very light) breakfast or lunch meal taken should include only fasting foods.

*It is understood that those desiring to partake of the Mystery of the Eucharist frequently and regularly, must also keep the Wednesday and Friday fast.*